

Southern Flyer

908th Airlift Wing (Air Force Reserve Command), Maxwell Air Force Base, Montgomery, Ala., Vol. 43, Issue 5, May 2006



Preparation meets opportunity Junior officer, 908th AW win force shaping gamble

By Jeff Melvin
908th Airlift Wing public affairs

A host of active duty Air Force junior officers commissioned in 2002 and 2003 face possible layoff notices in the coming months as a result of the Force Shaping Board convened April 10 to help the service reach its congressionally mandated FY 07 end-strength by Sept. 29. Force shaping boards will continue to meet annually to help the Air Force eliminate an imbalance of 4,000 officers too many and nearly 6,000 enlisted Airmen too few. Each subsequent board will consider officers commissioned three years earlier.

Unlike many of his fellow junior officers, 1st Lt. Scott Autry isn't worried. In a few short months he's gone from an uncertain future to a promising one as a navigator onboard the C-130 aircraft he regularly sees in the skies above Maxwell AFB.

Faced with the prospect of separation via the FSB, the security forces officer on a career-broadening assignment at Headquarters Air Force ROTC decided not to play the waiting game.

"I had heard that the 908th was hurting for navigators so I went over and talked to Lt. Col. Tom Ohland, an Air Reserve Technician navigator

scheduler in the 357th Airlift Squadron. I told him that I was subject to Force Shaping and that I had applied for active duty navigator and several other jobs but for family reasons I preferred to be at Maxwell," said the Mississippi State AFROTC graduate.

The lieutenant's visit to 908th paid off. Colonel Ohland confirmed that the unit needed navigators. The navigator scheduler and the potentially unemployed junior officer discussed application procedures and both profited.

"It couldn't have worked out any better. I hit the lottery. I was at the right place at the right time," he

beamed.

Lieutenant Autry signs into the 908th in August and heads to specialized undergraduate navigator training before the end of the year.

Noting that several navigator positions in the 908th are available, Colonel Ohland said the unit hopes more junior officers to follow Lieutenant Autry's lead. The FSB is not the only way to get into navigating a C-130 Hercules here at Maxwell.

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Wing's C-130 aircraft to get new color weather radar

By Lt. Col. Jerry Lobb
908th AW Public Affairs

Taking a giant leap into the 21st century, eight C-130H-2 aircraft assigned to the 908th Airlift Wing of the Air Force Reserve will be upgraded with state-of-the-art radar that will greatly enhance the Wing's mission for providing global and tactical airlift, including support to overseas locations for the War on Terrorism.

The new upgrade is the "AN/APN 241 Low Power Color Radar" and is commonly referred to as "APN-241".

Installation of the new radar is scheduled for fall of 2007.

"I am ecstatic," remarked Col. Michael J. Underkofler, commander of the 908th AW. He emphasized this is a major upgrade for the aging C-130H-2 aircraft, which first arrived in the Wing in 1986.

Colonel Underkofler explained the APN-241 has three major advantages over radar currently used -- greatly improved picture of the weather and terrain, increased reliability and maintainability and significantly reduced operating costs.

Recently assigned to the 908th AW from Keesler AFB, Miss., where he used the APN-241 in the C-130J, Lockheed's latest version of the workhorse aircraft, Colonel Underkofler stressed the APN-241 will definitely afford our aircrews more protection in a combat environment.

Col. John Jones, 908th Operations Group commander, said many of the 908th AW aircrews have become familiar with the APN-241 while flying aircraft owned by units outside the 908th AW.

Colonel Jones added the display for the new radar can show the aircraft's projected flight path so the crew can clearly see what is happening for several hundred miles. He added the radar also detects turbulence and low level, horizontal wind shear, and provides precision ground

mapping capabilities. When used with other existing aircraft equipment, the colonel said the new radar will allow the aircraft to perform precision airdrops in all weather conditions.

"The APN-241 will certainly reduce our workload," said Senior Master Sgt. Doug Dearth, 908th Maintenance

Squadron's chief of avionics. "If we are lucky, the APN-59 (current radar) will fly about 50 hours before it needs four to eight hours of maintenance. By comparison, units flying APR-241 equipped aircraft fly more than 1,000 hours before their systems need a two-and-a-half hour repair."



Photo by Lt. Col. Jerry Lobb

Senior Airman Brandon Ballenger inspects the weather radar on a C-130. Unit C-130s will upgrade to color radar next fall.

Maintenance head shares thoughts about success

By Col. Kerry Kohler
Commander, 908th Maintenance Group

My people often hear me say, "If you want to be successful, I'm here for you. Similarly, if you don't want to be successful, I'm here for you, too. So what do you want me to do for you?"

As a group commander, I'm primarily interested in upgrade training, professional military education performance reports and decorations and promotion packages.

I take a personal interest in my people's goals and aspirations because their individual successes contribute to the group's success. The group's success contributes to the wing's success. Success, like winning, is contagious.

People aren't promoted by accident. I fill vacancies by asking a series of questions. First and foremost, is the member the best qualified person for the position? How is she progressing with her training? What skill set does he bring to a vacant position? PME finished? Does he or she get along well with people? What leadership traits does he or she exhibit?

You control your military future. What you do each day in uniform reflects – favorably or otherwise. Consider every encounter or interaction with your superiors an interview of sorts. Always put your best foot forward.

Earlier I spoke about my primary focus as a group commander. Let's look at those again. Upgrade training, that first important step each of us takes to prepare for a successful career in our Air Force Specialty, was at the top. Once you graduate from an entry level program you begin qualification training in your chosen profession.

Years ago, when I was a young maintenance officer, my Deputy Commander for Maintenance (DCM) introduced me to his philosophy of 3T's and an A: training, tools, time and attitude. I'll share it with you.

Training is the foundation of every career in the Air Force, or anywhere else. If your people aren't ably trained, then you can't expect them to perform their duties properly. Once they are trained, the next step is to ensure they have the right tools to accomplish the job.

Supervisors shouldn't expect workers to complete a job the first time or at any time without the right tools. Once you've provided the training and the right tools, you must give troops the time to properly complete their assigned duties. Providing the 3T's foster positive attitudes. Positive attitudes contribute greatly to mission accomplishment.

What's next? Appropriate PME. This ugly baby is a must before subordinates are ready for promotion. A worker can be the best technician bar none, but without the right PME he or she will go nowhere. Repeatedly I have seen extremely capable people passed up for promotion because they hadn't completed their PME. No promotion opportunities exist today? Doesn't mean you shouldn't be prepared should one occur tomorrow. I, nor any of your supervisors, can give extra cash for a job well done, but we do consider eligible people for vacant positions. So, be prepared. Make yourself competitive and make sure you are qualified for that next promotion.

Now, let's look at my third area of focus, performance reports. EPR/OPRs are mandatory. You can play an important role in ensuring yours is prepared properly and adequately reflects your accomplishments.

Gather facts – "What did you do? How did you accomplish the task? and IMPACT?" When the EPR/OPR is due, get those accomplishments put into the report. Providing your supervisor with specific accomplishments should ensure the written EPR/OPR is fact-based and well documented. Assist your supervisor in writing your EPR/OPR. A well written EPR/OPR, one with documented accomplishments, will make the writing of decorations and PEPs/PV packages easier.

Decorations and promotion packages are easier to write with facts. Achievement and Commendation medals cover a minimum of three years; an MSM medal covers five years as a minimum.

You control your future in the organization. What future are you building today?

Dentist fills readers in on helpful dental hints

Capt. Teri D. Forster,
Dentist, 908th ASTS

The oral cavity, or mouth as it is commonly referred to, is the entrance to the body. The mouth provides microorganisms a warm, moist environment to grow and flourish.

An overgrowth of these bacteria can destroy vital soft and hard tissues. The soft tissues of the oral cavity or gingiva can become inflamed

and bleed. This inflammation is called gingivitis. If the inflammation of gingivitis is undetected for a long time, the destruction can lead to loss of soft tissue and bone. This form of inflammation is termed periodontitis (pyorrhea). This inflammation, left untreated, can cause extensive irreversible damage. A periodic dental examination with your dentist will assist in detecting this form of inflammation. A

healthy mouth without bleeding gums leads to a healthy body.

The 908th dental section would like to pass on some dental helpful hints periodically. The information will consist of pertinent information regarding the dental examinations, dental forms that are needed to stay current, and how members may obtain access to dental care in the local community.

Don't hesitate to reach me in the dental clinic on UTA weekends or at (334) 953-5869 on Sunday of UTA, if you have dental concerns.

Hint: Did you know that you have six months before your birth month to start and complete a dental examination? People with May birthdays must have their dental examination or DD 2813 completed before the 31st day of their birth month.

Need help coping with challenges, stress, lean on the Lord

By Chaplain (Lt. Col.) Bob
Anders
908th AW chaplain

These are times in which we face many challenges. Some of these challenges are economic, some are emotional, and some are psychological. Some are spiritual. Some come from our family, some from friends, and some from foes. Whatever form these

challenges take, they can put great strain on us.

How do we cope with these challenges and this strain? Can I tell you what has helped me? I lean on the Lord. I know, that may sound overly simplistic to someone of your intellects, but it works for me.

Over the years I have found that if I am O.K. spiritually, I can handle the

rest of my life more easily. I try to have some time everyday that I simply sit and tell the lord what's bothering me. I also spend some time everyday thanking him for the ways in which he blesses me and takes such good care of me. I usually close these moments by asking for strength to handle whatever comes my way. When I get up and leave my conversation

with him, I try to leave my burdens, and walk in his strength.

Will this work for you? Hey, the old timers used to tell me: "If you ain't tried it, don't knock it." This column will be read by many; to each one who reads it, let me say that you are in my thoughts and prayers during these days of extra stress.



**Commander, 908th
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For information about this schedule, call Jeff Melvin at (334) 953-7874.

: Force shaping gamble pays off

Con't from page 1

Enlisted members, active, Guard, or Reserve who have not yet been selected by their component's commissioning program may also apply. The unit would also like to gain several seasoned navigators. There's no requirement to have been qualified in a C-130. Even navigators retired from active duty may be eligible to return to a flying position within the AF Reserve Command.

Colonel Ohland said the present unit shortage is attributable to lower active duty SUNT student production which has meant we've had fewer qualified navigator applicants coming into the Reserve.

"We're now having to grow more of our own navigators. The 908th is also coming off a two-year activation, so many of our navigators are moving on to civilian jobs in other cities, too far to commute and fly with us," he said.

"It's also true that in the Air Force Reserve you have an older, more experienced force which means more and more folks are approaching retirement so we're constantly looking to replenish the navigator force," Ohland said.

Among the benefits of becoming a navigator the colonel said are becoming part of a worldwide deployable aircrew; receiving intense training; and building camaraderie not only within your unit but in the greater Air Force as well.

"It's a great opportunity for people who've always dreamed of flying. I know it's a cliché but you get to travel the world, 'I have this huge map of the world and everywhere I go I put a pin in it.'"

Navigators, the colonel said, come from all occupations and no particular type is more suitable than others are.

"In our squadron among the navigators we have civilian pilots, auditors, accountants, engineers, teachers, information technologists, policemen and other professions," Colonel Ohland said.

The path to becoming a navigator isn't easy. Applicants must meet all requirements listed in Air Force Instruction 36-2205, "Applying for Flying Training, Air Battle Manager and Astronaut Programs." Navigator applicants need a bachelor's degree and must not exceed five years Total Federal

357th AS navigator Maj. Paul Schultz, right, shows 1st Lt. Scott Autry features of maps he soon will be using at undergraduate navigator training. Facing possible separation under the Force Shaping Board, Lieutenant Autry applied and was accepted as a navigator trainee.

Commissioned Service Date by the start date of the board's first available undergraduate flying training class, and must enter navigator training by their 30th birthday.

Navigator applicants must also take the Air Force Officer Qualifying Test, take a Class IA flying physical and meet vision requirements.

A Headquarters AFRC board looks at the applicants' record, including college transcripts and work experience. Flying experience is a plus but is not mandatory for navigator candidates.

The board meets twice a year, in March and September.

Getting a head start on preparations is always important, particularly this year, Colonel Ohland said. "We've received word from the last board that there will be a supplemental board sometime in the summer. That means it's absolutely critical for people that are interested to get their applications in which means filling out all the forms and completing the checklists."

908th AW senior recruiter Senior Master Sgt. Robert Spears affirmed the unit's need for navigators and hopes more junior officers facing the FSB will follow Lieutenant Autry's lead, too.

"Over the past several months we've been urging people to be pro-active and consider joining the Guard or Reserve because it's a roll of the dice for them - you either get to stay or you have to get out," Sergeant Spears said.

The 908th, he said, needs navigators. "If we could get 8 or 9 qualified applicants we'd probably take them all."

His advice to the junior officer facing the FSB, don't wait too long. "Right now the positions are available but that could change, don't delay," the senior recruiter said.

For more information about 908th vacancies, FSB eligible junior officers should contact Master Sgt. Demetra Nickerson, 908th AW in service recruiter at DSN 493-7997.



Photo by Jeff Melvin



Photo by Jeff Melvin

Maintenance excels during headquarters inspection

Master Sgt. Brent Hardie, left, NCOIC of the 908th MXS Guidance and Control Shop, performs an "over the shoulder evaluation" of Senior Airman D'Wayne Guice, center, and Tech. Sgt. Keith Rollins as they functionally check a FCS-105 system vertical gyro component. The guidance and control Airmen were three of the five MXG personnel identified as superior performers during the Maintenance Standardization Evaluation Program inspection on the 908th Maintenance Group conducted by 22nd Air Force Feb. 28 - March 4. Master Sgts. Mike McGill and Mike Simmons were the two other superior performers. The MSEP inspection is a headquarters inspection designed to assist wings in establishing and maintaining standardized aircraft maintenance practices consistent with Air Force and MAJCOM guidance, policy and directives. "MSEP evaluates whether maintainers are following their technical data and safety precautions while working on and around the aircraft, as well as correctly documenting all maintenance actions. Several sections received excellent ratings and the engine management rating received an "outstanding" and "best seen to date," said Lt. Col. Cauley von Hoffman, MXG deputy commander.

Three named command's best personnel troops

By Staff Sgt. Jay Ponder
908th AW Public Affairs

908th AW personnel professionals earned command honors for outstanding mission support in three categories and are now in competition at the Air Force level.

Senior Master Sgt. Martha E. Roy, Master Sgt. Teresa Cruger and Senior Airman Tifarah Boyd are the AFRC nominees for the Outstanding USAF Personnel Manager of the Year Award in the personnel superintendent, unit level personnel technician and personnel specialist categories, respectively. The Personnel Manager of the Year Award recognizes individuals who have made important contributions in a military personnel function that resulted in benefits to both individuals and the Air Force.

Sergeant Roy, 908th Military Personnel Flight's superintendent, earned recognition for the exceptional personnel services provided to more than 450 wing members for real world Global War on Terrorism deployments. Especially noteworthy was her development of a database that accurately monitors and maintains all line of duty forms. Nine other bases have adopted the database and are reaping the benefits of a better tracking system.

"It was an honor and privilege to have been selected for this award," she said.

She credited her success "to all the outstanding MPF team members and a supportive family."

Two years ago she was selected as the 908th AW's Senior NCO of the Year as well as one of 22 military members in Alabama to receive the Alabama Governor's Award. The sergeant is a member of the Maxwell/Gunter Top Three Association, the 908th AW Top Three Association and the Air Force Sergeant's Association.

Master Sgt. Teresa Cruger, NCOIC of the 357th Airlift Squadron's commander's support staff, earned recognition as the command's top unit level personnel technician based on accomplishments during a two-year activation that included three deployments to a combat theater.

Sergeant Roy described her fellow award winner as "a flexible team player who is willing to go the extra distance to complete the mission."

Born in Birmingham, the Huntsville resident was hand-picked to be a member of the initial staff of a new expeditionary airlift squadron established at one of the three deployed locations she served at during her activation.

Sergeant Cruger was humble about receiving the award.

"What an honor it was," she exclaimed, "It was an honor that my commander thought enough of me to recommend me for this award."

The sergeant oversees an orderly room that responds to an airlift squadron, operations support flight and group headquarters. "I owe this to the leadership and the people of the MPF who have been a fantastic help to me," she said commenting about her award.

Though Sergeant Cruger is humble about her deeds, she made a huge difference in the lives of those families whose spouses were deployed, assisting the families of deployed personnel during natural disasters, emergency leaves, spousal contacts and the coordination of wing family support dinners. She even initiated and implemented a program that maintained the automobile batteries of deployed members.

Senior Airman Tifarah Boyd, 908th MPF's chief of customer service, rounds out the trio of personnel award winners, earning top honors in the personnel specialist category.

"I am thrilled to win the award," said Airman Boyd, "it is an honor to represent the MPF as an airman."

As customer service chief, Airman Boyd makes sure all customers that come to her department are taken care of, including having their questions answered satisfactorily. She ensures ID cards are kept safe and accurate and ensures personnel histories remain up-to-date.

Sergeant Roy said Airman Boyd was a dedicated team player and deserving award winner. "She maintains a smile and a positive attitude in all she does. Her goal is to ensure that our customers are treated as genuine customers and not just another number in the system."

"I work hard and I never slack up. I set high goals," said the senior airman, who earlier this year was named as the 908th AW's 2005 Airman of the Year.

She attends Troy State University and will soon complete her bachelor's degree in business management.

"I love the people and I enjoy working here," she said describing her feelings about the wing and her duty section.

Saying she believes the 908th has a winning team of personnelists spanning from the MPF to all the units, Sergeant Roy said, "I would love to see more packages submitted next year so that the command can see what we have at Maxwell AFB."



Photo by Jeff Melvin

Senior Master Sgt. Martha Roy, AFRC's top personnel superintendent



Photo by Jeff Melvin

Master Sgt. Teresa Cruger, AFRC's top unit level personnel technician



Photo by Staff Sgt. Jay Ponder

Senior Airman Tifarah Boyd, AFRC's top personnel specialist

Officer education records unmasked

WASHINGTON (AFP) -- Air Force leaders announced April 13 that promotion boards will once again consider officers' educational progress as they advance in rank.

In a joint letter released from Secretary of the Air Force Michael W. Wynne and Air Force Chief of Staff T. Michael Moseley, they state, "Our expeditionary Air Force will need all the cultural, political and technical skills available."

Including an officer's educational level reverses a decision the Air Force made a few years ago. Educational records were masked because some Airmen were using their benefits to pursue degrees not relevant to Air Force duties, they said.

"Over time, earning a post-graduate degree deteriorated into a method to increase the likelihood of promotion," the letter reads.

The decision to unmask the educational records comes from an unforeseen adverse effect from the previous masking decision.

"Unfortunately, many others stopped pursuing degrees that would have benefited themselves and the Air Force. Also, boards were unable to see which Airmen were meeting their full potential," they said.

"Both of us want to encourage Airmen, not discourage them, from pursuing advanced education," the letter reads. "There are several avenues to obtain degrees, and the Air Force is developing others. Our nation needs our best and demands nothing less."

Induction ceremony marks NCOs ascent to top ranks

Thirty-two units members were recognized for their ascension into the top enlisted ranks with an SNCO Induction Ceremony Sunday, April 2. The ceremony honored unit members attaining the grade of master sergeant since November 2005. The names of the inductees follow.

Ashley, Marty E.	908th MXS	1 Nov 05
Bailey, Kenneth L.	357th AS	1 Apr 05
Barker, Cynthia M.	908th MSF	1 Jan 05
Boothe Jr., Thomas E.	908th CES	1 Nov 05
Brookins, Thomas J.	908th CES	1 Nov 05
Canada, Kenneth W.	25th APS	1 Mar 05
Cobb, Lee E.	908th CES	1 May 05
Craig, Jason W.	908th CES	1 Jan 05
Crossman, Anthony A.	25th APS	1 Mar 05
Cruger, Teresa D.	357th AS	1 Jan 06
Dill, Rocky K.	908th AMXS	1 Mar 05
Ferrell, Samuel M.	908th SVF	1 Jan 06
Gomez, Alison M.	357th AS	1 Nov 05
Haynes, Michael S.	908th MXS	1 Jan 06
Hudson, Oran A.	908th AW	1 Nov 05
Kirkus, John W.	908th CES	1 Jul 05
Kramer, Stephen C.	25th APS	1 Oct 05
Lampella, Harmon G.	357th AS	1 Jan 05
Mitchell, Sheila K.	908th ASTS	1 May 05
Moncrief, Ronald J.	908th AMXS	1 Mar 05
Moon, John R.	25th APS	1 Sep 05
Moore, William T.	908th MOF	1 Nov 05
Naglic, Mark J.	908th MSF	1 May 05



Photo by Jeff Melvin

Master Sgts. Kenneth Bailey and Marty Ashley affirm their ascension into the senior NCO ranks by raising their hands and reciting a pledge.

Neal, Richard O.	357 AS	1 Jan 06
Rush, Christopher	908 SE	1 May 05
Sellers, Larry E.	908 AMXS	1 Sep 05
Smith, Louis F.	25 APS	1 Mar 05
Tareco, Keith A.	908 MXS	1 Nov 05
Taylor, Richard S.	908 MXG	1 Nov 05
Waters, Daryl E.	908 CES	1 Jul 05
Wesson, Danny F.	25 APS	1 Mar 05
Williams, Bryan J.	908 MXS	1 Mar 05



Photo by Donna Burnett

908th AW to the rescue

25th Aerial Port Squadron members, Master Sgts James Rickels, arm raised forward of the wing, and Steve Kramer, arm raised kneeling to the rear, give directions to Chief Master Sgt. Lynn Whited as they prepare to lift the right wing of the F-86. The "908th Crash Recovery Team" sprang into action during the River Region air show and open house at Maxwell AFB April 8, following an emergency landing of a vintage F-86. The right main landing gear failed to extend as the aircraft was preparing to land following its performance.

Statistics show fitness program needs to get on track

By Lt. Col. Tim Bennett
Air Force Reserve Command
public health officer/health
promotion director

ROBINS AIR FORCE BASE, Ga. -- Since the new fitness program began in 2004, Air Force Reserve Command's performance has stumbled.

In 2003, 76 percent of unit reservists took the fitness test. Most of them -- 98.9 percent -- passed their assessments.

Two years later 68 percent of the reservists tested. But, this time 7 percent of them finished with a marginal score and 12 percent of them performed poorly. AFRC's failure rate in this category was six times higher than the rate for active-duty members.

In 2005 individual mobilization augmentees performed slightly better than unit reservists. Four percent of the IMAs were marginal. Six percent were classified as poor. Today their performances are part of the AFRC statistics since they are under the administrative control of the Readiness Management Group.

If a person failed the 3-mile walk assessment under the previous fitness program, he or she simply took it again a few

months later and generally passed.

However, with more stringent force-wide fitness standards in place, AFRC officials recognized that this approach to fitness testing wasn't good enough anymore. They needed a comprehensive education and intervention program to help reservists improve their overall fitness scores.

Col. (Dr.) Jim Collier, AFRC surgeon, directed a working group to develop an intervention program for reservists who scored marginally or poorly on their fitness assessments.

The group, consisting of experts from Reserve units across the country, met in December to tackle development of an intervention tool for people needing information, encouragement and a plan to improve.

Members of the group were orthopedic surgeon Col. (Dr.) Mark Hopkins, commander of the 944th Aeromedical Staging Squadron at Luke AFB, Ariz.; Maj. (Dr.) George Kolo, a sports medicine expert and flight surgeon assigned to the 442nd Medical Squadron at Whiteman AFB, Mo.; dietician Lt. Col. Shelly Pino, an IMA assigned to AFRC headquarters

at Robins AFB, Ga.; and Capt. David Tharp, a behavior modification and clinical psychology expert from the 433rd MDS at Lackland AFB, Texas.

The result of their meeting is an intervention program titled Healthy Living Program for Reservists. In addition, the group developed a tri-fold brochure to give to reservists. It highlights the fitness program requirements and provides helpful Web resources. Totally Web-based, the new Healthy Living Program for Reservists will be posted on the Air Force portal under the Air Force Fitness Management System. It is divided into three instruction modules, each focusing on a specific topic.

The fitness module takes a comprehensive look at the frequency, intensity, length and types of exercises required to develop strength, endurance and flexibility. It also discusses ways to avoid injury and provides warning signs to look out for.

The second module on nutrition discusses not only on the basics of a healthy diet but also gives helpful hints for portion control and eating out.

The behavior modification

module takes a different approach. It uses the "Top Ten Reasons for Not Exercising" to teach participants how to make proper choices while keeping them entertained. This module encourages participants to change their behavior and take control of their lives. And, it shows them how to get started. Health and wellness centers on active-duty bases offer a wealth of assistance. These centers provide one-stop shopping to help military members achieve a high level of wellness. Among other things, they provide smoking cessation, weight management, fitness, nutrition, and health education and intervention programs. And most centers perform fitness testing and offer exercise and nutrition prescriptions for those who need professional oversight.

Unfortunately, health and wellness centers are only located on active-duty bases and may not be available to reservists on weekends or after hours.

One of Colonel Collier's goals for the future is to establish a centralized virtual health and wellness center with a full-time staff available to provide reservists, via the Web, personalized exercise and nutrition

prescriptions. Although still in the formative stages, Colonel Collier's vision is for the virtual health and wellness center to serve as a resource for reservists who need help but don't have access to health and wellness or fitness centers where they live. If approved, the colonel hopes this resource will be up and running by 2008.

The hardest part of exercise for some people is just getting started. The statistics clearly show that many reservists have yet to incorporate fitness as an integral part of their lifestyle.

Retired Gen. John P. Jumper, former Air Force chief of staff, said in his July 2003 Chief's Sight Picture that "the amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture. It's time to change that."

Fitness is so much more than passing a fitness test once a year. It's about embracing a culture of fitness that can enhance all aspects of life.

If you haven't started developing your own personal culture of fitness, here's some gentle advice -- start slowly, start safely but start now! (AFRC News Service)



Photo by Senior Master Sergeant Kim Allan

Women in Aviation Conference 2006

908th AW Command Chief Master Sergeant Amos Moore shares a laugh with retired Maj. Gen. Betty Mullis and her husband in the exhibit hall at the 17th Annual International Women in Aviation Conference held in Nashville, Tenn. March 23-25. General Mullis was inducted into the organizations' Pioneer Hall of Fame. The WIA International convention is one of three major outreach and developmental events that AFRC Human Resources Development Command promotes full participation in each year. League of United Latin American Citizens and Tuskegee Airmen International Conventions are the other outreach events. The LULAC Convention will be held in Milwaukee, Wis., June 26-July 1. Go to www.lulac.org for more info. The Tuskegee Airmen International Convention will be held in Phoenix, Ariz., Aug. 1-4. Go to www.taiconvention.com for more info. Member participation in these events is unit-funded. 908th AW personnel interested in attending should first contact their respective unit commanders.

Reservists earn awards for war service

By Jerry White
Air Force Reserve Command
Historical Services

ROBINS AFB, Ga. -- Air Force reservists who deploy in support of the Global War on Terrorism need to ensure they receive credit for their service.

Since Sept. 11, 2001, nearly 30,000 have been mobilized and thousands more have volunteered to serve at home and abroad.

Many of them have served in combat with virtually every unit to see action in support of Operations Enduring Freedom and Iraqi Freedom. Expeditionary rescue and C-130 airlift units, in particular, have relied on reservists and their equipment to perform the mission.

To ensure deployed people receive the awards they are entitled to, Central Air Forces, the Air Force component of U.S. Central Command, set up a Web site: <https://www.mil.centaf.af.mil/Directorate/awards/A1/CENTAF%20AWARDS/main.htm> listing individual and unit awards.

Any reservist who served in OEF or OIF can go to this site and select the "unit awards" button to review the approved awards, listed in unit order. If

there is an award for the expeditionary wing or group they served with and the award dates cover the period they were deployed in the combat zone, the reservist can print out the order, take it and other proof of deployment/assignment to their servicing military personnel flight. The MPF will then add the award to their personnel records.

CENTAF's unit award approval process is an on-going effort. Reservists who have recently deployed and do not see their unit listed should check this page periodically. Links to information for Global War on Terrorism service medals and individual decorations are also found there.

Several Air Force Reserve Command units have received recognition for their service in OEF and OIF.

Central Air Forces awarded the Meritorious Unit Award to the 919th Operations Group, Duke Field, Fla., for the period of Oct. 19, 2001, to July 1, 2003.

Reservists in the 446th Airlift Wing's 728th Airlift Squadron from McChord AFB, Wash., earned the same award between Feb. 14, 2003, and Feb. 13, 2005.

Two Air Force Reserve A-10

units -- the 442nd Fighter Wing and its 303rd Fighter Squadron from Whiteman AFB, Mo., and the 926th FW and its 706th FS from Naval Air Station Joint Reserve Base, New Orleans, La. -- received the Air Force Outstanding Unit Award with a V device for Valor. They got the award for service in Afghanistan as part of OEF for the period of April 2, 2002, to July 31, 2002.

An AFOUA with Valor also went to the 466th FS from Hill AFB, Utah, for the period of Jan. 1, 2003, to May 21, 2003.

Most recently, McChord's 446th OG was awarded an AFOUA with Valor for Oct. 1, 2003, to Sept. 30, 2005.

Anyone assigned to and deployed with these units, including the various support units, such as aircraft maintenance, etc., during these periods are entitled to these awards.

The Air Force Historical Research Agency at Maxwell AFB, Ala., will add these awards to the unit's lineage and honors history. Units that receive these awards are authorized streamers for their flags and guidons.

As a new award, the Meritorious Unit Award streamer is not yet available in the supply system. (AFRC News Service)

Family Day 2006

The name's the same and fun and safety are still the order of the day but the upcoming Family Day is different from those of years past. First, there's the location, the Montgomery Zoo. Then, there's the push to get more outside help so more unit member's than ever can join the fun. Plus there's no more sweating over flaming grills—the zoo's food concessionaire will prepare the meals. And no softball tournament – it's either pick up games at the zoo or the Montgomery Biscuits later than evening for those who want to "play ball."

The event starts at noon with an official welcome by Montgomery Mayor Bobby Bright and 908th AW Commander Col. Michael Underkofler. New this year also is the "unit integrity fitness walk," a self-paced fitness walk around the perimeter of the zoo that all unit members are encouraged complete along with family members. Children's activities, a staple of previous Family Days, will be available to supplement zoo attractions.

Here are some need-to-know details about Family day 2006.

Family Day Schedule of Events

- 11 a.m. -- Units release members from duty stations NLT 11 a.m. in order to be at zoo by opening session at 1200
- 11:30 -- Band starts playing
- 11:30 – 3 -- Children's games/activities
- 11:30 – 3 -- Softball fields available for pick up games

- noon -- Opening ceremony with Mayor – 908th AW/CC
- 12:30 – 2 -- Lunch
- 12:30 -- Unit members start touring zoo/take fitness walk
- 1 -3 -- Bands play on
- 4 -- Members signed out by Unit Orderly rooms
- 5 -- Montgomery Biscuit Park opens
- 7 p.m. -- Biscuits Game starts

Rules Of Engagement

- Have a great time with family, unit members
- Think safety always
- Drive or carpool to zoo
- This is a duty day until signed out by Wing Commander
- Members in duty status for entire day
- Dress appropriately, members may report in civilian attire unless scheduled for meeting and/or activities where uniform is appropriate
- No alcohol allowed in the zoo – none sold at zoo/ no profanity on grounds
- Make sure any/all injuries identified to unit First Sgt

Entry to the Montgomery Zoo/Eating Procedures

- Wristbands for entry and tickets for meals will be issued at tables staffed by 908th AW Commanders and First Sergeants set up at both zoo entrances
- Alpha rosters of the entire wing will be at both entrances and will be used to confirm names as well as to capture names of attendees/number of guests
- A colored wristband will be issued to each

member and guest good for zoo entry as well as a ride on the zoo train. Note: The Mann Museum is not part of the free entry and anyone desiring to see the museum must pay them for entry

• Tickets for meals will be given to all members and guests. Each ticket entitles the bearer to one hot dog OR hamburger, one bag chips, one bag animal cookies, and tea, lemonade or water. Fountain soft drinks will be available from the zoo vendor at a minimal cost payable by each individual. Note: Once all personnel have been through the food line, individuals will be offered opportunity to return for seconds if available. Please be respectful of others to ensure all are fed first.

Parking and Access to the Montgomery Zoo

• No bus rides to/from base – members will need to drive their own personal vehicles or carpool with others from the base. Exception will be a bus for the airlift personnel to/from hotel

• Unit members and their families will access the zoo through either the main gate entrance from the Northern bypass or off Fairground Road to the main entrance or Mann Museum gate

• An additional entrance will be set up just for 908th AW members/families behind the Mann Museum on Vandiver Boulevard. Personnel can park in the Mann Museum parking lot or the Chisholm Elementary School parking lot and access the entrance at the rear of the Mann Museum.

• An additional parking lot is available off Fairground Road in the Eastern Meadows United Methodist Church parking lot just adjacent to the zoo

Unit Fitness Integrity Walk

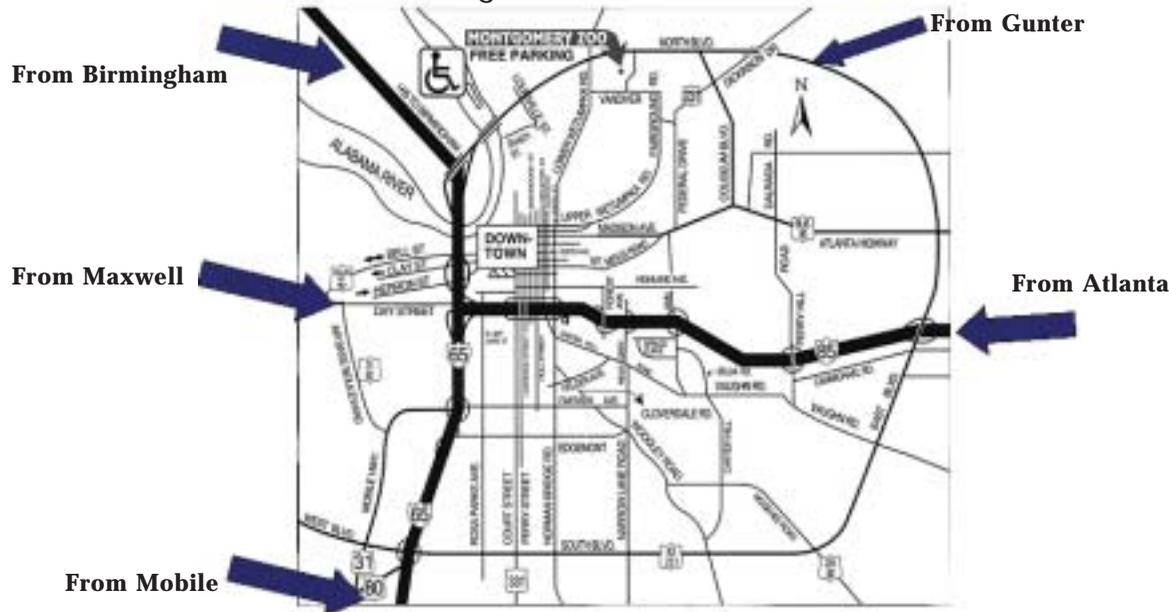
• 908th AW/CC wants all members to complete a self-paced, family-oriented fitness walk around the zoo

• The course will be the entire perimeter of the zoo which equates to 1 mile

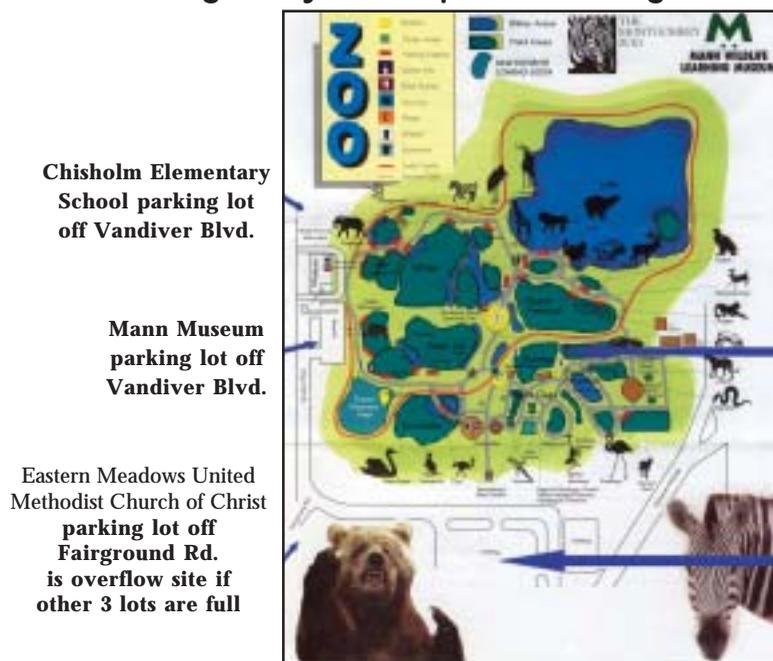
• Units will need to annotate the number of personnel (members and family members) that completed the entire course on the white board by unit.

• The number of miles completed will be tallied and the unit with the most miles will win the competition and be recognized at the SORTS meeting on Sunday.

Accessing the Zoo From All Directions



Montgomery Zoo Map with Parking Locations Identified



Note: DO NOT Park on any grassy area or in any area not designated as a parking area. Your vehicle will be towed and you will have to pay for its return.

Events area near train shed just inside main entrance will have large tents and stage area. This will be where the festivities kick off at noon with the 908th AW Commander & Montgomery Mayor Bobby Bright

Main zoo parking lot off Vandiver Blvd. or Coliseum Parkway

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908th Airlift Wing
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To the Family of: